

Resources for Children with Special Needs & their Families

Westchester County, New York

By Jennifer Kahn Ruoff, LMSW, MS.Ed
(updated 03/01/09)

ACTIVITIES:

Backyard Sports, Inc.

Danny Bernstein

South Broadway 75, Suite 453

White Plains, New York (914) 304-4052 or danny@byardsports.com

Basketball and soccer for boys and girls ages 5-15 with special needs. Programs are held at SUNY Purchase. Programs focus on basic coordination, athletic development and building confidence while stressing proper behaviors and group cooperation. Trained teachers and coaches handle each child's needs. Group sizes are small and determined by age and ability.

Creative Yogashine

Vitalah Simon, Dance Therapist

Valhalla, New York (914) 769-8745 and www.yogashine.com

Yoga (group and individual) for children ages 3 and up with emotional, developmental and physical disabilities.

Greenburgh Special Education Recreation

Noel Broccoli, Director of Special Recreation

11 Olympic Lane

Ardsley, New York (914) 693-8985 ext. 128

Offers a large array of activities and outings for children with disabilities, such as horseback riding, karate, swim classes, art classes, dances, parties and camp.

Heartsong

Bronxville and White Plains (914) 725-9272

Music and art therapy for children of all ages with all special needs. Children are grouped together by functioning level with 8 children per class.

North East Westchester Special Recreation, Inc.

63 Bradhurst Avenue

Hawthorne, New York (914) 347- 4409 or www.northeastsspecialrec.org

Weekend, summer camp in Thornwood, New York and after school recreational programs for people 4 years through senior citizens with special needs.

NorWest

Christopher Morbito, Director

Cortlandt Manor, New York (914) 737- 4797 and www.nor-west.org.

Year- round therapeutic recreational programs for children with disabilities ages 5 and up. They hold weekend programs, school vacation programs, after school programs. Summer programs for 16-22 year olds.

Parents Place, Inc.

3 Carhart Avenue, room 202

Pam Ancowitz, Director (914) 948-5187 and www.parentsplace@verizon.net

A 2 hour drop in center on Mondays, Tuesdays, Thursdays and Saturdays for singing, art, play, snack and the opportunity to talk with social workers and other parents. Parents Place also runs a parent support group for parents of children with Autistic Spectrum Disorder. A fathers only group meets once a month.

Pegasus

Pleasantville, Bedford Hills, North Salem

(203)356- 9504 and www.narha.org

Therapeutic horseback riding for children with special needs.

Rose Hill Music Academy

666 Columbus Ave.

Thornwood, New York (914)747-2585 or www.rosehillmusic.net

Private music and instrument lessons for people with or without special needs 5 years and up.

Southeast Consortium for Special Services

740 West Boston Post Rd. Suite 301

Mamaroneck, NY 10543

(914)698-5232 or www.secrec.org

Provides a wide range of sports, drama and social activities for kids, teens and adults with special needs.

Westchester Foundation for Autism

Mary Weiner, President

(914) 741- 5019 and www.WFAutism.org

Social events, educational and recreational programs and family support services for families with children with autism and related developmental delays.

Westchester Gymnastics and Dance

Judy Anker

5 Skyline Drive

Hawthorne, New York (914)592-2324

Sunday morning gymnastics classes for children with special needs.

WESTCO Special Needs Workshops

Sue Katz (914)761-7463 or www.WestcoProds.com

A full theater arts program for ages 9-21 with developmental disabilities. Dancing, singing, improvisation and acting with performances. 20 people per session.

Yoga for Special Needs at WonderKids

Kira Morton, Yoga Certified Instructor

470 Mamaroneck Ave. Suite 204

White Plains, New York

(914) 421-8270 and www.wonderkidstherapycenter.com

Classes for children of all ages with special needs.

Yonkers Department of Recreation

Tara Conte-Giglio (914)377-6438

285 Nepperhan Ave. Yonkers, NY

Dance and music therapy, art, girl scouts, theater arts, pet therapy, tee ball, special Olympics swimming and Project Friendship.

YWCA of White Plains (North Street)

Special Programs Department

Jim Sullivan, Director (914) 949- 6227 ext. 108

Sunday recreation for ages 4-21 from 12-4, August vacation camps, school vacation camps for children with autism, PDD, CP, MR. Swimming daily as well as piano and guitar lessons available.

SPARC, Inc. (Special Program and Resource Connection)

Lakeland, Yorktown, Mahopac and Ardsley

Rose Rothe, Director

(914) 243- 0583 and www.sparcinc.org

Recreation, social and therapeutic programs for children, teens and adults focusing on socialization and how to handle themselves in the community. They offer music, taekwondo, stage crew, cooking, etc. Private consultations for home music, art and recreational therapies.

The Children's Center of Goldens Bridge Art Enrichment Center

5 Anderson Lane

Goldens Bridge, New York (914)232-6813 or www.childrenscenterofgb.com

Drop off program, mommy and me movement class, Artsmart class with a board certified behavior analyst for children 10 months through 10 years.

The Home Program

34 South Broadway Suite 411

White Plains, New York 10601

(914) 949- 3751 or www.thehomeprogram.org

Behavior management consultation services, in-home training to address sleeping, toileting, mealtime, compliance and community behavior.

UMAC (United Martial Arts Centers)

450 North State Road

Briarcliff Manor, New York

(914) 945- 7100

Director: Laura Giacobas, MS Ed in special education and black belt in Taekwondo.

Taekwondo for children with special needs to develop physically, mentally and socially.

Wagon Road Camp

The Children's Aid Society

Vince Canziani, Director (914) 238- 4761 and www.childrensaidsociety.org

Chappaqua, New York

Overnight respite program servicing children 7- 17 years old with physical and developmental disabilities. Open weekends and school holidays October- May and for one week in August. They offer arts, crafts, athletics, nature, cooking, horseback riding, music and drama. They have heated cabins.

HERO

(914) 761-2130 Janet Lefkowitz

Adapted tennis, dance, music and pet therapy for all ages.

JCC of Mid-Westchester

SNAAC (Special Needs Academic and Arts Center)

Charley Moskowitz, LMSW

999 Wilmot Rd.

Scarsdale, New York (914) 472- 3300 Ext. 361 and www.jccmidwestchester.org
Daily programs for children pre-k through 6th grade with special needs: sports, music, theatre, computers, karate, social skills, art, science. Also adults special needs programs available. The sibling group (Sibshop) is for ages 5-15. A father's group, grandparent's group and parent's support groups meet monthly.

JCC on the Hudson

371 S. Broadway

Tarrytown, New York (914) 366- 7898 and www.Jcconthehudson.org

After school enrichment programs for children with developmental and physical disabilities grades K-6 and social skills groups, recreational programs for 6-12 year olds with learning or developmental disabilities. Also, adult programs for the physically challenged. Inclusion karate and Jewish culture classes as well.

The Miracle League of Westchester

Stephen Madey, Executive Director

(914)813-8007 and www.MLWNY.ORG

A modified baseball program at Ridge Road park in Hartsdale , New York for children of all ages with disabilities.

Moving Wheels and Heels

Steffi Nossen School of Dance (914)328-1900

216 Central Avenue, White Plains, New York

Dance classes for wheelchair bound adults and children as well as all kinds of disabilities.

Music Therapy Institute of the Music Conservatory of Westchester

Tina Brescia, Director

216 Central Avenue White Plains, New York (914) 761-3900

Music therapy programs for children and adults with and without disabilities.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 478-3730, JRuoff@optonline.net

CAMPS:

Internet information on camps for children with Autistic Spectrum Disorder:
www.mclean.harvard.edu/cns/camp/welcome.htm

www.acacamps.org (click on "find a camp") or call the American Camping Association at (212) 268-7822 for an annual directory.

<http://www.campexperts.com/ContactUs.aspx?S=CU>. This site will tailor your needs to the camps they recommend.

www.nichey.org/pubs/genresc/camps.pdf

<http://www.cshcn.org/resources/campcalendar.cfm?intro=yes>

www.mysummercamps.com/camps/Special_Needs_Camps/Developmental_Disabilities/index.html

Camps for children with emotional disabilities:

www.mysummercamps.com/camps/emotional-problems-camps.html

Camps for kids with Asperger's: www.aspires-relationships.com/links_camps.htm

Order a directory of camps and summer programs for youths with special needs in the Metro New York area for approximately \$25.00. Lists more than 300 programs:

Publications/Department B

Resources for Children with Special Needs

116 E. 16th St. 5th Fl.

New York, NY 10003

Camp BaShemesh

Ila Russo, Camp Director and Lisa Feinman, Assistant Executive Director

JCC on the Hudson, Tarrytown, New York www.jcconthehudson.org

Located on the Henry Kaufman Campgrounds, this is a summer day camp for children with special needs.